

CERTIFICATE

OF CREATIVE EXCELLENCE

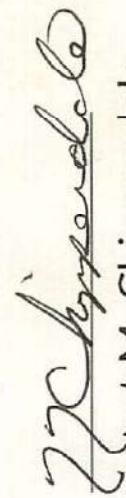
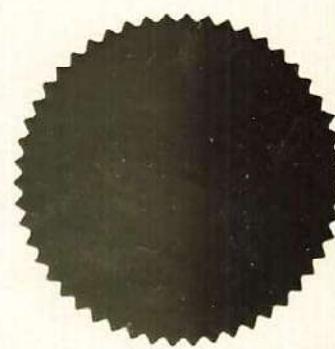
Proudly Presented To

Justin Riggs

For your creative expression in our Mental Health Awareness
Poetry Contest at the Howard County Detention Center.

July 14, 2023

Date



Margaret M. Chippendale

Director



Certificate of Completion

This is to certify that

Justin Ruggs

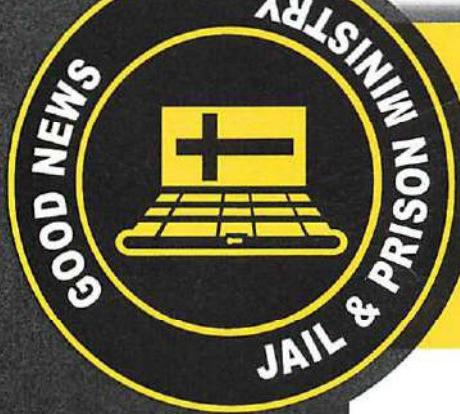
has successfully completed the entire

GNJPM Bible Correspondence Course

Chaplain Robert J. Ogle
Course Administrator

September 21, 2023
Date

Ogle
President



Certificate of Completion

This is to certify that

Justin Ruggs

has successfully completed the entire

GNJPM Bible Correspondence Course

Chaplain Michael
Course Administrator

September 21, 2023
Date

John E
President

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

COGNITIVE STRATEGIES FOR SELF-CONTROL

Presented to _____

JUSTIN RIGGS

SEP 21, 2023 _____
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

COGNITIVE STRATEGIES FOR SELF-CONTROL

Presented to _____

JUSTIN RIGGS

SEP 21, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

IN-THE-MOMENT STRATEGIES FOR SELF-CONTROL

JUSTIN RIGGS

Presented to _____

SEP 21, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

IN-THE-MOMENT STRATEGIES FOR SELF-CONTROL

JUSTIN RIGGS

Presented to _____

SEP 21, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

JOURNALING - WHAT IS IT AND WHAT ARE THE BENEFITS?

Presented to _____

JUSTIN RIGGS

SEP 21, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

JOURNALING - WHAT IS IT AND WHAT ARE THE BENEFITS?

Presented to _____

JUSTIN RIGGS

SEP 21, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

PARENTING: WHY MAINTAIN RELATIONSHIPS

Presented to _____

JUSTIN RIGGS

SEP 21, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

PARENTING: WHY MAINTAIN RELATIONSHIPS

JUSTIN RIGGS

Presented to _____

SEP 21, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

ROA - ROCK OF AGES: THE BIBLE

JUSTIN RIGGS

Presented to _____

SEP 22, 2023 _____
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

ROA - ROCK OF AGES: THE BIBLE

JUSTIN RIGGS

Presented to _____

SEP 22, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

ADAPTABILITY: WHY IT MATTERS AND HOW TO DEVELOP IT

Presented to JUSTIN RIGGS

SEP 27, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

ADAPTABILITY: WHY IT MATTERS AND HOW TO DEVELOP IT

JUSTIN RIGGS

Presented to _____

SEP 27, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

12 STEPS TO RECOVERY: PART ONE

JUSTIN RIGGS

Presented to _____

SEP 28, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

12 STEPS TO RECOVERY: PART ONE

JUSTIN RIGGS

Presented to _____

SEP 28, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

COMMON MENTAL HEALTH PROBLEMS: BEYOND COPING SKILLS

Presented to _____

JUSTIN RIGGS

SEP 28, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

COMMON MENTAL HEALTH PROBLEMS: BEYOND COPING SKILLS

Presented to _____

JUSTIN RIGGS

SEP 28, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

COMMON MENTAL HEALTH PROBLEMS: PTSD

Presented to _____

JUSTIN RIGGS

SEP 28, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

COMMON MENTAL HEALTH PROBLEMS: PTSD

Presented to _____

JUSTIN RIGGS

SEP 28, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

MENTAL HEALTH: PTSD

JUSTIN RIGGS

Presented to _____

SEP 28, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

MENTAL HEALTH: PTSD

JUSTIN RIGGS

Presented to _____

SEP 28, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

UNDERSTANDING POST-TRAUMATIC STRESS DISORDER (PTSD)

JUSTIN RIGGS

Presented to _____

SEP 28, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

UNDERSTANDING POST-TRAUMATIC STRESS DISORDER (PTSD)

JUSTIN RIGGS

Presented to _____

Vincent Townsend

SIGNATURE

SEP 28, 2023
DATE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

3 DIMENSIONS OF FOCUS

JUSTIN RIGGS

Presented to _____

SEP 29, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

3 DIMENSIONS OF FOCUS

JUSTIN RIGGS

Presented to _____

SEP 29, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

12 STEPS TO RECOVERY: PART TWO

JUSTIN RIGGS

Presented to _____

SEP 29, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

12 STEPS TO RECOVERY: PART TWO

JUSTIN RIGGS

Presented to _____

SEP 29, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

AGGRESSION MANAGEMENT

JUSTIN RIGGS

Presented to _____

SEP 29, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

ANGER MANAGEMENT AND COGNITIVE BEHAVIORAL THERAPY

JUSTIN RIGGS

Presented to _____

SEP 29, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

BEING AN INVOLVED FATHER: IT'S EASIER THAN YOU THINK

JUSTIN RIGGS

Presented to _____

SEP 29, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

COMMON MENTAL HEALTH PROBLEMS: DEPRESSION

Presented to _____

JUSTIN RIGGS

SEP 29, 2023 _____
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

CO-PARENTING TRAINING

JUSTIN RIGGS

Presented to _____

SEP 29, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

COMMON MENTAL HEALTH PROBLEMS: GENERALIZED ANXIETY

JUSTIN RIGGS

Presented to _____

SEP 30, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

COMMON MENTAL HEALTH PROBLEMS: GENERALIZED ANXIETY

JUSTIN RIGGS

Presented to _____

SEP 30, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

HOW TO DEVELOP A STRONG INTERNAL LOCUS OF CONTROL

Presented to _____

JUSTIN RIGGS

SEP 30, 2023 _____
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

HOW TO BOOST SELF-AWARENESS

JUSTIN RIGGS

Presented to _____

OCT 01, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

HOW TO IMPROVE REASONING SKILLS

Presented to _____

JUSTIN RIGGS

OCT 03, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

PERSONAL VALUES

JUSTIN RIGGS

Presented to _____

OCT 03, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

12-STEP PROGRAM

JUSTIN RIGGS

Presented to _____

OCT 03, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

COMMON MENTAL HEALTH PROBLEMS

Presented to _____

JUSTIN RIGGS

OCT 04, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

PARENTING WHILE INCARCERATED

JUSTIN RIGGS

Presented to _____

OCT 04, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

ANGER MANAGEMENT FOR SUBSTANCE ABUSE AND MENTAL HEALTH CLIENTS

Presented to _____

JUSTIN RIGGS

OCT 07, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

COMORBIDITY: SUBSTANCE USE DISORDERS AND OTHER MENTAL ILLNESSES

JUSTIN RIGGS

Presented to _____

OCT 08, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

COPING WITH STRESS

Presented to _____

JUSTIN RIGGS

OCT 08, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

DEPRESSION: WHAT YOU NEED TO KNOW

Presented to JUSTIN RIGGS

OCT 08, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

GRIEF: HOW TO ENDURE IT

JUSTIN RIGGS

Presented to _____

OCT 08, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

COGNITIVE BEHAVIORAL THERAPY

Presented to JUSTIN RIGGS

OCT 09, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

POSITIVE BUT REALISTIC THINKING

JUSTIN RIGGS

Presented to _____

OCT 09, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

DISCIPLINE FOR FATHERS

JUSTIN RIGGS

Presented to _____

OCT 10, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

RISK TAKING

JUSTIN RIGGS

Presented to _____

OCT 10, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

VICTIM AWARENESS

Presented to _____

JUSTIN RIGGS

OCT 10, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

PRACTICING MINDFULNESS

JUSTIN RIGGS

Presented to _____

OCT 11, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

SELF-CONTROL - USING THE SOS METHOD

Presented to JUSTIN RIGGS

OCT 11, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

HEALTH EFFECTS OF METHAMPHETAMINE

Presented to JUSTIN RIGGS

OCT 12, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

MAKE A DIFFERENCE

JUSTIN RIGGS

Presented to _____

OCT 12, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

MENTAL HEALTH: ANXIETY DISORDER

JUSTIN RIGGS

Presented to _____

OCT 12, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

MENTAL HEALTH: YOU AND YOUR COMMUNITY

Presented to _____

JUSTIN RIGGS

OCT 12, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

MENTAL HEALTH: DUAL DIAGNOSIS

Presented to JUSTIN RIGGS

OCT 12, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

MOTIVATION TO CHANGE

JUSTIN RIGGS

Presented to _____

OCT 12, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

NAVIGATING A MENTAL HEALTH CRISIS

Presented to JUSTIN RIGGS

OCT 12, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

PARENTING: A FATHER'S LAUGHTER

Presented to _____

JUSTIN RIGGS

OCT 12, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

SOCIAL ANXIETY

JUSTIN RIGGS

Presented to _____

OCT 12, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

TRIGGERS AND CRAVINGS

JUSTIN RIGGS

Presented to _____

OCT 12, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

UNDERSTANDING ANXIETY DISORDERS

JUSTIN RIGGS

Presented to _____

OCT 12, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

UNDERSTANDING HOW ATTITUDES AFFECT BEHAVIOR

JUSTIN RIGGS

Presented to _____

OCT 12, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

BUILDING BONDS

JUSTIN RIGGS

Presented to _____

OCT 13, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

CHANGING YOUR THINKING

JUSTIN RIGGS

Presented to _____

OCT 13, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

COMMUNICATING WITH EXCELLENCE

JUSTIN RIGGS

Presented to _____

OCT 13, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

CONFLICT RESOLUTION

JUSTIN RIGGS

Presented to _____

OCT 13, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

HARMFUL INTERACTIONS

JUSTIN RIGGS

Presented to _____

OCT 13, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

HOW TO BE PATIENT

JUSTIN RIGGS

Presented to _____

OCT 13, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

HOW TO HEAL FAMILY WOUNDS

JUSTIN RIGGS

Presented to _____

OCT 13, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

MULTIPLE PATHWAYS OF RECOVERY - A GUIDE FOR INDIVIDUALS AND FAMILIES

Presented to _____

JUSTIN RIGGS

OCT 13, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

RETHINKING DRINKING

JUSTIN RIGGS

Presented to _____

OCT 13, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

TREATMENT FOR ALCOHOL PROBLEMS

JUSTIN RIGGS

Presented to _____

OCT 13, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

PARENTING: A FATHER'S STORY

JUSTIN RIGGS

Presented to _____

OCT 14, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

PARENTING: BACK IN TOUCH

JUSTIN RIGGS

Presented to _____

OCT 14, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

PEERS AND RELATIONSHIPS

JUSTIN RIGGS

Presented to _____

OCT 14, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

FATHERHOOD CHANGES EVERYTHING: BE A PRESENT FATHER

JUSTIN RIGGS

Presented to _____

OCT 15, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

PARENTING: COMMUNICATION TIPS FOR FAMILIES

Presented to _____

JUSTIN RIGGS

OCT 15, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

PARENTING: FOREVER FAMILY

Presented to _____

JUSTIN RIGGS

OCT 15, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

PARENTING: GET CREATIVE, STAY CONNECTED

Presented to JUSTIN RIGGS

OCT 15, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

PARENTING: HEALTHY RELATIONSHIPS

Presented to _____

JUSTIN RIGGS

OCT 15, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

PARENTING: LONG DISTANCE DADS

JUSTIN RIGGS

Presented to

OCT 15, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

PARENTING: PRAISE WITH A PURPOSE

Presented to JUSTIN RIGGS

OCT 15, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

PARENTING: QUESTIONS CHILDREN ASK

Presented to _____

JUSTIN RIGGS

OCT 16, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

PARENTING: STEPS IN THE RIGHT DIRECTION

Presented to _____

JUSTIN RIGGS

OCT 16, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

PARENTING: THE COURAGE TO FAIL

JUSTIN RIGGS

Presented to _____

OCT 16, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

PARENTING: THE OTHER TERRIBLE TOOS

Presented to _____

JUSTIN RIGGS

OCT 16, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

PARENTING: TIPS FROM A FATHER IN PRISON

Presented to _____

JUSTIN RIGGS

OCT 16, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

PARENTING: UNBREAKABLE BOND

JUSTIN RIGGS

Presented to _____

OCT 16, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

PARENTING: VISITING MOM OR DAD

JUSTIN RIGGS

Presented to _____

OCT 16, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

THE ISSUE WITH ABSENT FATHERS

JUSTIN RIGGS

Presented to _____

OCT 16, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

HEART HEALTHY LIVING

Presented to JUSTIN RIGGS

OCT 17, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

DEVELOPING INITIATIVE: A KEY ATTITUDE FOR PERSONAL EFFECTIVENESS

Presented to _____

JUSTIN RIGGS

OCT 27, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

INTERPERSONAL COMMUNICATION

JUSTIN RIGGS

Presented to _____

OCT 30, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

ORGANIZATIONAL COMMUNICATION

JUSTIN RIGGS

Presented to _____

OCT 30, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

EMPLOYABILITY SKILLS B-3 USE INTERPERSONAL COMMUNICATION SKILLS

Presented to _____

JUSTIN RIGGS

NOV 11, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

FOUNDATIONS OF HUMAN COMMUNICATION

JUSTIN RIGGS

Presented to _____

NOV 11, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

WORTH & WELLNESS: MENTAL WELLNESS

Presented to _____

JUSTIN RIGGS

NOV 11, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

WORKING THROUGH NEGATIVE EMOTIONS: PART 2: JEALOUSY

JUSTIN RIGGS

Presented to _____

NOV 11, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

WORKING THROUGH NEGATIVE EMOTIONS: PART 3: IS IT PRIDE OR EGO?

Presented to _____

JUSTIN RIGGS

NOV 11, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

WORKING THROUGH NEGATIVE EMOTIONS: PART 1: RESENTMENT

JUSTIN RIGGS

Presented to _____

NOV 11, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

WORTH AND WELLNESS - EXERCISE

Presented to JUSTIN RIGGS

NOV 13, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

WORTH AND WELLNESS LIFE SKILLS

Presented to JUSTIN RIGGS

NOV 13, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

WORTH AND WELLNESS - NUTRITION

Presented to JUSTIN RIGGS

NOV 13, 2023
DATE

Vincent Townsend

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CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

WORTH & WELLNESS: THRIVING COMMUNITY

Presented to JUSTIN RIGGS

NOV 13, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

WORTH AND WELLNESS - YOUR EVERYDAY JOURNEY

JUSTIN RIGGS

Presented to _____

OCT 13, 2023
DATE

Vincent Townsend

SIGNATURE

CERTIFICATE
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

NORTH POINT MINISTRIES-STARTING OVER

JUSTIN RIGGS

Presented to _____

NOV 15, 2023
DATE

Vincent Townsend

SIGNATURE



CERTIFICATE OF ACHIEVEMENT

Awarded to

Justin Riggs

for successfully participating in the CorrespondARTS Program, a 6-month Distance Learning Course in Visual Art and Creative Writing at the Howard County Detention Center.

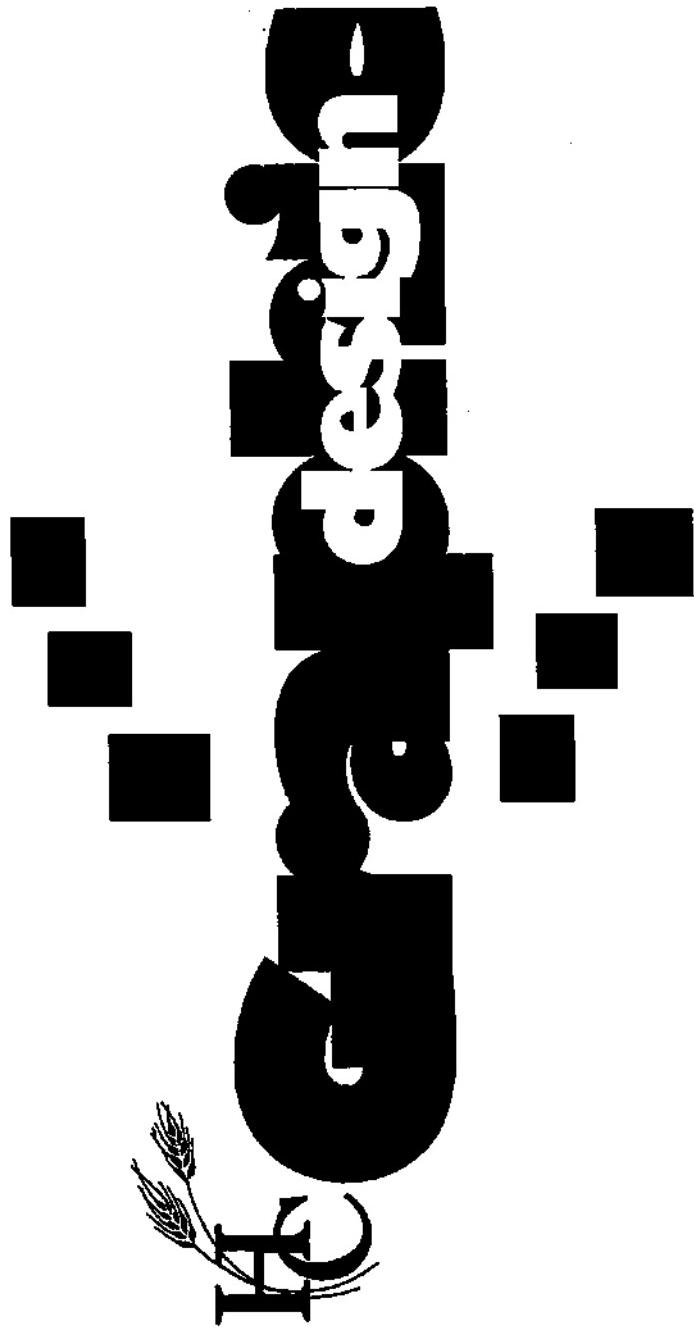
Caron Quinones
Visual Art Instructor

Wendy Jason
Founder / Director: Justice Arts Coalition

Leslie Durnstead
Creative Writing Instructor

22nd February 2024





Awarded To:
Justin Riggs

for completing a 40 hour comprehensive introductory
curriculum for Graphic Design utilizing Adobe Illustrator

Thomas Lane Jr.

Thomas Lane Jr.
Visual Communicator, UI/UX Certified Designer